

# Northern Kentucky University Sports Medicine Injury and Illness Procedures

Northern Kentucky University aims for all student-athletes to have a safe and enjoyable experience while playing intercollegiate sports. Unfortunately, injuries and illnesses occur and we strive to coordinate and provide our student-athletes with the best care available.

## Reporting Injuries/Illness:

All injuries and illnesses must be reported to a staff certified athletic trainer immediately and prior to initiating care. Whether during the season or off season the student-athlete is required to communicate with a member of the sports medicine staff prior to initiating care. In an emergency, or in the absence of an athletic trainer, the athlete must report the injury and any care provided as soon as possible. All injuries and illnesses will be evaluated, documented, and kept on file in the athletic training room. Failure to do so may result in loss of benefits through the University's athletic insurance policy.

## Treatment Referrals:

If the athletic trainer determines the student-athlete needs to be referred for further evaluation or diagnostic testing, the athletic trainer will coordinate care and arrange appointments with our panel of team physicians and other providers for the student-athlete.

At NKU we are fortunate to have a unique and excellent relationship with our head team physician since 1986, James T. Bilbo, M.D of Commonwealth Orthopaedic Centers, and an extensive panel of providers. During the school year our team physician has clinic hours in the athletic training room at least weekly on Wednesday afternoon. Dr. Bilbo frequently visits the training room at other times during the week and is often at home sporting events and sometimes away events. The sports medicine staff is able to call the team physician's office or any of our provider's offices to get our athletes evaluated immediately and to facilitate test scheduling. The severity and type of injury and illness will determine how the athletic trainer refers the student-athlete to the team physician, either in the athletic training room or directly to the office. This is a tremendous advantage for our student-athletes and their parents. Not only does this help NKU and our student-athletes financially but the injured student-athlete will be evaluated by the team physician at a minimum weekly in the training room and/or at home events. This has produced a time tested high quality, efficient, and well coordinated program of care for safe return to sport for our athletes. We want parents of our athletes to be aware of all care and can speak to the athletic trainers or physicians at any time and are welcome and encouraged to accompany the student-athlete to any or all visits. We want to communicate as much as possible with parents so they are part of the decision process.

Parent Initials \_\_\_\_\_

Student-Athlete Initials \_\_\_\_\_

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Second Opinions/Outside Network:

Parents and student-athletes are permitted to utilize physicians or other healthcare professionals other than those associated with NKU Sports Medicine. Unfortunately, this usually results in poorer communication at NKU and less coordinated and efficient care for the athlete possibly delaying their safe return to sport. It is extremely important to note that NKU Athletics will NOT be financially responsible for any expenses incurred. The sports medicine staff does ask that the athlete first talk to a NKU athletic trainer prior to going to another physician. If rehabilitation is needed, the athlete must have had prior authorization by an NKU athletic trainer for rehabilitation to be conducted in the NKU Athletic Training Room by our staff.

Rehabilitation services will not be provided by NKU Certified Athletic Trainers for cases in which the student-athlete chooses to use a physician or other healthcare practitioner outside of NKU's established medical network without prior knowledge and approval by an NKU athletic trainer. In such cases, it is the responsibility of the student-athlete to arrange and pay for all care through the supervising physician or other provider of their choice. Further, in these cases, the athlete will not be cleared for return to athletic practice or competition until released in writing by the supervising physician.

Preexisting of Recurrent Injury/Illness:

Active illnesses and injuries occurring prior to enrollment as a student-athlete at NKU or those recurring while at NKU are not covered by NKU unless we have medical documentation to illustrate complete recovery and rehabilitation has occurred prior to our involvement with the athlete.

Failure to follow these procedures will release NKU from any financial responsibility.

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Student-Athlete Signature

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Date

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Parent Signature

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Date

